

**ALL NEW**  
**Powerful Adventures**  
Every Friday at 9am/8c on  
Disney Junior on Disney Channel



*Youth  
Changing  
the World*



[DisneyJunior.com/PowerOfDoingGood](http://DisneyJunior.com/PowerOfDoingGood)

## Starting children early in volunteering has so many benefits that you'll want to begin right away!

**A** They learn skills like saving energy, eating healthy and sorting donations into categories. Through volunteering they also learn values that last a lifetime like caring, empathy, and compassion, and they feel connected to the community through their own actions. Above all, they gain confidence and self-esteem as they discover they are important in the lives of others and that even as children they have the power to make a difference.

**B** There are so many ways to engage young children in family volunteering activities! Whatever you choose, start with what the children love to do and turn it into your own family's power to do good. Anything they enjoy can become a service to others – playing outdoors, reading, shopping, or even being around pets!

## Here are some easy and fun ideas to get you started.

### **1** Does it belong, yes or no?

As your family takes a walk in the park, by a river, or during vacations, ask each other "Does this belong, yes or no"? For example a flower belongs and should not be pulled out but a bottle does not. Have the children carry a bag as the adults place in it the items that do not belong. Then throw them away or recycle them.

### **2** The family cabinet:

Have each family member choose a role, such as the Water Secretary, the Recycling Secretary, the Lights Secretary, and others so that each cabinet member is in charge of watching that the whole family conserves or cares for that issue. Rotate "departments" once a week so everyone has a chance to care for different issues!



### 3 The giving corner:

On a designated week encourage each family member to look for items they own that are in good shape but they no longer use and deposit them in a special corner. At the end of the week take a family trip to make your donations.

### 4 Bake for pets:

Spend a fun afternoon baking cookies together; sell them to friends and neighbors and donate the funds to a pet shelter. Stay to play with your new furry friends!

### 5 Share a birthday:

Create a new family tradition! On their birthday, each family member makes, draws, buys, or donates a gift to a shelter for homeless families or someone in need.

### 6 Time with special friends:

Spend an hour at a senior center playing board games, singing songs, or telling funny stories. Take a photo of your time together and send it back for your new friend to keep!

### 7 Get well soon:

Collect and donate toys, books, and videos for a children's hospital. The young patients will really appreciate them!

### 8 Shop for one more:

As you shop for groceries, school supplies, or toiletries for your family, have your children pick an extra item to donate. At home, set up a family assembly line to sort your donations!

### 9 Trash mob:

Organize a family and friends flash mob or race in a single location to pick up as much trash as you can as fast as possible!

### 10 Waste-free lunch week:

Pack a waste-free lunch for a week! Talk with your family and friends about the quantity of food you throw out and the resulting impact.

### 11 Watch them grow:

Plant a vegetable or herb garden and donate the harvest to a local shelter.

#### After any activity Chat, Draw, or Play!

Back at home ask each other what each member liked, what they learned, and what they would like to do again. Find more ideas and tools for your next project by checking out local chapters of organizations like the ones below and others.



They will be eager to support your volunteer efforts!



# This is a great time to talk about feelings like caring, compassion, and how even the smallest actions add up to help others.

The children can draw their family in action as you talk about your activity or even role play what each person did, especially how the recipient responded. Make sure to take photos during your project and paste in the children's drawings to create your own "Our Family in Action" album!

## START HERE

Talk about ways you can do what you like and help others at the same time.

- If you like animals, you can play with pets at a pet shelter.
- If you like stories, you can collect books for a children's hospital.
- Does your family like to be active? Run a race in the park to pick up trash as fast as you can!

## GET READY!

Choose your project and get started:

- Go grocery shopping and pick extra items to donate.
- Choose your Giving Corner and mark the donations week on the calendar.
- Make a list of the games you want to play at the senior center.

## AND NOW... TIME TO START PLANNING YOUR NEXT PROJECT!

## MAKE IT HAPPEN!

Time to have fun helping others and the planet!

- Take a family trip to bring your donations.
- Invite friends and other families to join in a "trash mob".
- It's Family Cabinet Week!

## WELL DONE!

Chat, draw, play and celebrate your family's power to do good:

- Ask each other questions about what you liked and how you felt helping others.
- Create a skit to show other families what you did.
- Give each child a little booklet or box where they can keep items to remind them of their project.
- Paste photos and the children's drawings of your project into your own Family in Action album.

